

# April

## K-5 Lunch Menu 2024

Monday

Tuesday

Wednesday

Thursday

Friday

Nutrients

**1** **2**  
**TARGET NUMBERS for K-5**  
 Cal: 550-650  
 Sat. Fat: <10%  
 Sodium: < 935 mg  
 no trans fat in our menu items

# SPRING *break* April 1- 5

**All lunches include a choice of:**

- Choice of Hot or Cold Entree
- 1% White or Nonfat Chocolate Milk
- 100% Fruit Juice Selection
- Fresh Fruit & Vegetable

**8**  
 Bean and Cheese Burrito  
 or  
 PB&J Sandwich  
 Pinto Beans  
 Apple

**9**  
 Rotini Pasta  
 Garlic Toast  
 or  
 Turkey Pinwheel  
 Garden Salad  
 Orange

**10**  
 Chicken Tender &  
 Waffle Fry Sandwich  
 w/ Waffle Fries  
 or  
 Asian Salad  
 & Bread Roll  
 Apple Slices

**11**  
 Orange Chicken  
 w/ Noodles  
 or  
 Turkey Lunch Kit  
 Celery  
 Pear

**12**  
 Mac n' Cheese  
 w/ Corn Bread  
 or  
 Yogurt, Cheese &  
 Granola  
 Orange  
 Celery

Cal 551  
 T.Fat 12.77 G  
 Sodm 817.19 Mg

**15**  
 Cheese Pizza Wedge  
 or  
 PB&J Sandwich  
 Sweet Corn  
 Apple

**16**  
 Pork Carnitas  
 w/ Tortilla Chips  
 or  
 Chicken Caesar Salad  
 w/ Apple Strudel  
 Pinto Beans  
 Orange

**17**  
 Chicken Nuggets  
 Cheez-it  
 Crackers  
 or  
 Strawberry Parfait  
 Garden Salad  
 Apple Slices

**18**  
 Chicken Alfredo  
 Garlic Toast  
 or  
 PB&J Sandwich  
 Pear  
 Celery

**19**  
 BBQ Chicken  
 w/ Mashed Potatoes  
 Corn Bread  
 or  
 Turkey Pinwheel  
 Kiwi

Cal 551  
 T.Fat 16.97 G  
 Sodm 793.56 Mg

**22**  
 Boneless Chicken Wings  
 w/Roasted Potatoes  
 & Bread Roll  
 or  
 PB&J Sandwich  
 Apple  
 Celery

**23**  
 Chicken Tamale  
 or  
 Southwest Salad  
 & Bread Roll  
 Pinto Beans  
 Orange

**24**  
 Chili Cheese Fries  
 Corn Bread  
 or  
 Turkey Lunch Kit  
 Apple Slices  
 Celery

**25**  
 Cheeseburger  
 or  
 Turkey Pinwheel  
 Garden Salad  
 Pear

**26**  
 Teriyaki Beef Blaster  
 w/ Rice  
 or  
 Yogurt, Cheese &  
 Granola  
 Broccoli  
 Pineapple

Cal 576  
 T.Fat 18.54 G  
 Sodm 820.76 Mg

**29**  
 All American  
 Ham burger  
 or  
 PB&J Sandwich  
 Garden Salad  
 Apple

**30**  
 Cheese Pizza Wedge  
 or  
 Caesar Chicken Wrap  
 Orange  
 Celery

Cal 538  
 T.Fat 14.37 G  
 Sodm 816.59 Mg

SGUSD WE RESERVE THE RIGHT TO SUBSTITUTE ANY ITEMS  
 ALL MEALS MEET THE WHOLE GRAIN REQUIREMNT  
 THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER